

### ABSTRACT OF THE DISCLOSURE

A method of regulation of iodine exchange or prophylaxis of iodine deficit or has the steps of providing an agent in form of iodinated organic compound containing iodinated protein and/or its low molecular component which includes, at least one, of the following amino acids: : phenylalanine or tryptophan, and administering the agent to a patient in a quantity required for regulation of iodine exchange or prophylaxis of iodine deficit.